



# SGS

*Stone Gate Slate*

THE OFFICIAL HOA NEWSLETTER  
of Stone Gate, Canyon Lakes, Canyon Lake  
Villages and Canyon Lakes West

May 2012

Volume 5, Issue 5

## The Easter Bunny had a Wonderful Time with Stone Gate Residents at the "Egg"stravaganzas!



## IMPORTANT NUMBERS

### ON-SITE OFFICES & GATE ATTENDANTS

S-G Clubhouse Office .....	281-304-7448
S-G Gatehouse .....	281-256-3620
Splashpad Texas Office .....	281-213-9777

### PROPERTY TAXES

Harris County Appraisal District.....	713-224-1919
Water / Remington MUD #1.....	281-579-4500
Water / MUD #165 .....	713-932-9011

### POLICE & FIRE

Emergency .....	911
Harris County Sheriff.....	713-221-6000
Precinct #5 Constable .....	281-463-6666
Cy-Fair Volunteer Fire Station.....	713-466-4073
Texas DPS.....	281-232-4334
Cy-Fair Medical Center.....	281-890-4285
North Cypress Medical Center.....	832-912-3500
Poison Control.....	800-222-1222

### UTILITIES

#### Electricity (call your provider)

Centerpoint Energy .....	713-207-2222
Power To Choose .....	866-797-4839
Gas (Centerpoint Energy Entex).....	713-659-2111

#### Telephone & Cable

AT & T.....	800-464-7928
AT & T U-verse.....	866-299-6824
Comcast - Cable/High Speed Internet .....	713-341-1000
Trash Pickup (WCA Waste).....	281-368-8397
Water (Remington MUD #1) (S-G-STES.....	281-579-4500

### PUBLIC SERVICE

Harris Co. Animal Control .....	281-999-3191
Harris County Toll Road Auth .....	281-875-3279
Voter Registration .....	713-224-1919
Auto Registration .....	713-368-2000
Cy-Fair Chamber of Commerce .....	281-955-1100
Metro Park and Ride.....	713-635-4000
Lone Star College Library .....	281-290-3200
Gulf Coast Reg Blood Ctr.....	713-790-1200

### U.S. POST OFFICES

Stone Gate & Canyon Lakes .....	281-859-9021
Canyon Lakes West.....	281-373-3372

### SCHOOLS

Cy-Fair ISD District Office .....	281-897-4000
.....	www.cfsd.net

## Classified Ads

**BUSINESS CLASSIFIEDS** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## CANYON LAKES WEST & PINE CREEK CONTACTS

Rec Center Office .....	281-855-0984
CLW Gatehouse.....	281-858-6106
Smith Middle School .....	281-213-1010
Postma Elementary School .....	281-345-3660
Hopper Middle School .....	281-463-5353
Cypress Springs High School .....	281-345-3000
SW Water/Harris County MUD #165 .....	713-405-1750
Spring Cypress Post Office .....	281-373-3372
Property Tax: MUD #165 .....	713-932-9011
Gatehouse .....	281-858-6100

## ASSOCIATION'S MANAGEMENT COMPANY CONTACT INFORMATION

Planned Community Management (PCMI) has been contracted by the Board of Directors to manage the day-to-day activities of the community. In order to contact the community's Board of Directions or if residents have concerns, questions about their account, or deed restriction violations to report, please put the information in writing and send via e-mail to Lucy Robertson at [lrobertson@stes.com](mailto:lrobertson@stes.com) or call PCMI at 281-870-0585.

## TO CONTACT THE BOARD:

*Please address the Board of Directors via*

Lucy Robertson, PCMI, ([lrobertson@stes.com](mailto:lrobertson@stes.com))  
P.O. Box 219223, Houston, TX 77218, 281-870-0585

## HAVE YOU LOGGED IN YET?

**[WWW.CANYONGATE.COM/RESIDENTS/SG](http://WWW.CANYONGATE.COM/RESIDENTS/SG)**

*Features of the Stone Gate & Canyon Lakes West intranet include:*

- Email Blasts On Community News & Events
- Resident Directory
- Current Events & Activities
- News
- Official Documents & Forms
- Event Photos and MORE!



## NEWSLETTER INFORMATION

Article Submission.....	<a href="mailto:jenniferhenrie@canyongate.com">jenniferhenrie@canyongate.com</a>
Advertising .....	<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a>

## ADVERTISING INFORMATION

Please support the businesses that advertise in the Stone Gate Slate. Their advertising dollars make it possible for all Stone Gate residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

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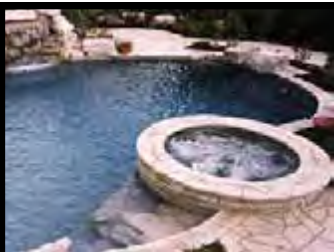


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# Stone Gate Owners Association Schedule of Pools for the Summer of 2012

*\*If a holiday falls on a day that the pool would normally be closed, the pool will be open on the holiday and closed the following day. \*Please note that every pool is closed ONE day per week. Please see the calendars/schedules below for the closed days\*\*\*Open days are highlighted grey & times are above each calendar.*

**STONE GATE RECREATION CENTER**  
 11655 Canyon Green Dr. - Houston, TX 77095  
 (281)304-7448 - OPENING DAY:  
 Saturday May 5th, 2012 at 10am until 9pm

**SPLASHPAD TEXAS AND POOL**  
 9901 Red Rugosa - Houston, TX 77095  
 (281)213-9777 - OPENING DAY:  
 Saturday May 5th, 2012 at 10am until 7:30 pm

**CANYON LAKES WEST POOL & RECREATION CENTER**  
 19772 Stanton Lake Dr. - Cypress, TX 77433  
 (281)855-0984 - OPENING DAY:  
 Saturday May 5th, 2012 at 10am until 9pm

**... MAY 2012 ...**  
 (Weekends Only) Saturday & Memorial Day: 10am – 9pm  
 Sunday: 12pm – 9pm

**... MAY 2012 ...**  
 (Weekends Only) Saturday & Memorial Day: 10am – 7:30pm  
 Sunday: 12pm – 7:30pm

**... MAY 2012 ...**  
 (Weekends Only) Saturday & Memorial Day: 10am – 9pm  
 Sunday: 12pm – 9pm

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**... JUNE 2012 ...**  
 (Full Time Schedule: Beginning May 31st) Monday: Closed  
 Tuesday – Saturday: 10am – 9pm Sunday: 12pm – 9pm

**... JUNE 2012 ...**  
 (Full Time Schedule: Beginning May 31st) Monday: Closed  
 Tuesday – Saturday: 10am – 7:30pm Sunday: 12pm – 7:30pm

**... JUNE 2012 ...**  
 (Full Time Schedule: Beginning May 31st) Tuesday: Closed  
 Wed. - Sat. 10am - 9pm | Sun. 12pm - 9pm | Mon. 10am – 9pm

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**... JULY 2012 ...**  
 (Full Time Schedule) Monday: Closed  
 Tuesday – Saturday: 10am – 9pm & Sunday: 12pm – 9pm

**... JULY 2012 ...**  
 (Full Time Schedule) Monday: Closed  
 Tuesday - Saturday: 10am - 7:30pm & Sunday: 12pm - 7:30pm

**... JULY 2012 ...**  
 (Full Time Schedule) Tuesday: Closed | Wed. - Sat. 10am - 9pm  
 Sun. 12pm - 9pm | Mon. 10am – 9pm

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**... AUGUST 2012 ...**  
 (Full Time through the 26th, then weekends only) Monday: Closed  
 Tuesday – Saturday: 10am – 9pm & Sunday: 12pm – 9pm

**... AUGUST 2012 ...**  
 (Full Time through the 26th, then weekends only) Monday: Closed  
 Tuesday - Saturday: 10am - 7:30pm & Sunday: 12pm - 7:30pm

**... AUGUST 2012 ...**  
 (Full Time through the 21st, then weekends only) Tuesday: Closed  
 Wed. - Sat. 10am - 9pm | Sun. 12pm - 9pm | Mon. 10am – 9pm

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**... SEPTEMBER 2012 ...**  
 (Weekends Only, and Labor Day) Monday: Closed  
 Tuesday – Saturday: 10am – 9pm & Sunday: 12pm – 9pm

**... SEPTEMBER 2012 ...**  
 (Weekends Only, & Labor Day) Monday: Closed  
 Saturday & Labor Day: 10am - 7:30pm & Sunday: 12pm - 7:30pm

**... SEPTEMBER 2012 ...**  
 (1,2,3 & Weekends) Monday: Closed  
 Saturday & Labor Day: 10am - 9pm & Sunday: 12pm – 9pm

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## CALLING ALL SENIORS

The Nifty 50+ group is for the young at heart, 50 or older, retired or still working, male and female, and are residents of one of SG Owners Association sections (SG, CL, CLV, CLW). If you would like to know more about an activity or the group, please send an e-mail to [stonegaterec@att.net](mailto:stonegaterec@att.net). Monthly games and/or visiting will be held at the SG Rec Center on the first Wednesday of each month from 1pm-3pm. They also meet every third Wednesday at Sterling Country Club for breakfast at 9 am.

### DID YOU KNOW...THERE IS A LOST PET FEATURE TO COMMUNITY INTRANET

- Log into [www.canyongate.com/residents/sg](http://www.canyongate.com/residents/sg)
- Click on "classifieds" located on left side of menu
- Click on "lost & found pets"

You can create a description of the lost or found pet as well as add photos. Please include your contact information to speed up communications!

This may also be a helpful website: [cypresslostpetalert.com](http://cypresslostpetalert.com)



## NEW PROPERTY MANAGER

Effective immediately, Lucy Robertson is your new property manager. Lucy can be reached at 281.870.0585 or [lrobertson@stes.com](mailto:lrobertson@stes.com). Please update your contact list.

### ONSITE OFFICES

Stone Gate Rec Center Office  
Monday-Saturday 10:00am-6:00pm  
281-304-7448  
[stonegaterec@att.net](mailto:stonegaterec@att.net)

11655 Canyon Green Dr., Houston, TX 77095

### STONE GATE SPLASHPAD ONSITE OFFICE

Tuesday-Saturday 10:00am-5:00pm (weather permitting)  
9901 Red Rugosa, Houston, TX 77095  
281-213-9777

### CANYON LAKESWEST REC CENTER OFFICE

Tuesday-Saturday 10:00am-6:00pm  
281-855-0984  
[canyonlakeswest@att.net](mailto:canyonlakeswest@att.net)  
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## Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

**Brush your choppers twice each day.** Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

**Reach between your teeth.** Flossing daily helps you remove food particles from

between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

**Pick up an electric toothbrush.** Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

**Treat your tongue right.** Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

**Tap your inner teenager and chew gum.** The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes

caused by medication, let us know; we can help address the problem.

**Don't fall for the myth of mouthwash.** Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

**Hydrate, hydrate, hydrate.** Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

**Turn off the tobacco.** Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

**Take note of what you take in.** Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your

*(Continued on Page 8)*

# DROWNING IS PREVENTABLE

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## LAYERS OF PROTECTION

- CONSTANT VISUAL SUPERVISION
- LEARN TO SWIM
- WEAR LIFE JACKETS
- MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS
- KEEP BACKYARDS & BATHROOMS SAFE
- LEARN CPR
- CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN
- VISIT US ONLINE

**Did you know that drowning is still the #1 cause of accidental death for children under 5 and the #2 cause for children ages 1-14?**

Join us as we celebrate May as National Water Safety month. Please keep your family safe around water and have the **Best May Ever!**

## LOOKING FOR VOLUNTEERS!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 [jennifer4cci@aol.com](mailto:jennifer4cci@aol.com)



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**Top Ten Tips...** - (Continued from Page 7)  
dentist or your family doctor to assess the source of the problem.

**Call in the experts.** It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

*Submitted by Dr. Flury*



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[@UHNorthwest](https://twitter.com/UHNorthwest)



## 2012 Stone Gate Community Events & Activities

- Summer Pool Parties..... Saturday, July 14
- Canyon Gate Night at Astros..... Saturday, September 22
- Fall Garage Sale..... Saturday, September 22
- Golf Tournament .....Monday, October 1
- National Night Out..... Tuesday, October 2
- Ladies Brunch and Trunk Show .....Saturday, November 17
- Gingerbread House Making.....Saturday, December 1
- Holiday Yard Decoration Contest ..... December
- Cookies with Santa .....Saturday, December 15

*Please contact Jennifer Henrie, Director of Community Events at [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com) if you would like to help with any of our events! All Dates Are Tentative & Events are subject to change.*

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## A Focus on Physical Activity - Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

*Any physical activity is better than no physical activity*

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- *Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

*For most people, additional benefits occur when*

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

*For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.*



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## Celebrate Cinco de Mayo at Spring Festival

On Saturday, May 5th, Boys and Girls Country of Houston will host their annual Spring Festival on their campus in Hockley, Texas. Located 35 miles northwest of downtown Houston, Spring Festival is a great way for families to spend the day.

Spring Festival promises to be a huge celebration for community and family with a lively Cinco de Mayo theme. Admission and parking are free, and children's all-day event passes are only \$15 each. Booths will include a number of inflatable rides like King of the Mountain, Shark Slide, and Water Balls; a Slime Machine booth where you can slime your favorite person, and crafting booths for the little ones. There will be three stages with a variety of live entertainment, including Spanish musicians, Gospel singers, and solo artists.

"All of the proceeds of Spring Festival go directly to helping us provide a Home for our

children," said George O'Neal, Director of Spring Festival and Community Relations. "This is going to be our largest and most exciting Spring Festival ever with many new additions that add fun and excitement."

*For 41 years, Boys and Girls Country has provided a Home for children from families in crisis. They raise 88 children at their main campus and provide support to 55 young adults in their College and Career program. Boys and Girls Country is not a United Way member agency and does not rely on federal or state funding.*



### DATE

Saturday, May 5, 10 a.m. – 5 p.m.

### TIMES

**Live Auction:** 1:15 p.m.

**Silent Auction:** 10 a.m. to 3 p.m.

**Lunch:** Served 11 a.m. - 3 p.m.

Barbecue, Chicken Burrito, or Hamburger/Hot Dog (Adult Plate: \$8.00, Kid's Plate: \$6:00)

### ACTIVITIES

All-Day Kids' Activity Passes: \$15.00 (individual activity tickets also available starting at \$0.25 each.)

### LOCATION

18806 Roberts Road, Hockley, Texas 77447, 19 miles west of Beltway 8 off Highway 290.

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